

Wet to Dry Dressings (Using Clean Technique)

You will be going home with a wet to dry dressing. The dressing will help your wound heal. This sheet will tell you how to take care of it and your wound. Follow these steps:

Gather Your Supplies

- Gauze pads
- Wetting solution: normal saline or _____.
- Tape
- Scissors
- Kerlix (if ordered)
- Cover sponges and/or ABD's
- Bag (paper or plastic)

Remove the Old Dressing

1. Wash hands well, using soap and water, dry.
2. Take off the outer ***dry*** dressing. Remove the inner wound dressing by holding onto it with the outer ***dry*** dressing while removing it from the wound. Do not touch any part of the inner wound dressing or the wound itself.
3. Put the dressing in the bag and throw away.

Look for Signs of Infection

Check the skin around the wound for increased tenderness, swelling, and redness. Does it feel warm when you touch it?

Check the base of the wound for a foul smelling drainage or any black or yellow tissue that you have not seen before.

If you have a temperature and/or chills or if you see any other signs of infection call one of the phone numbers listed on the other side of this sheet.

Apply the new wet to dry dressing

1. Wash hands well, with soap and water, dry.
2. Lightly pour the wetting solution (normal saline or _____) onto the gauze pads.
3. Wring out the gauze pads until they do not drip.

4. Completely open up the gauze pads.
5. Lightly pack gauze pads into the wound. Be very careful not to place the dressing on the skin around the outside of the wound
6. Place a dry cover sponge over the moistened dressing. Tape in place. If wound is large, you may need to use ABD.
7. If the wound is on an arm or a leg, skip step 6. Wrap the dressing with kerlix instead.

Change the dressing _____ times a day until your doctor tells you to stop.

If you have any questions or problems call:

- Your coordinator at (612) _____.
- Telephone Care at (612) 467-2065, Monday through Friday between 8:00 a.m. and 4:30 p.m.
- Urgent Care at (612) 467-2771.

Remember, it is important that you take very good care of yourself at this time.

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